



# Spine Health for Your Future

Presented by:

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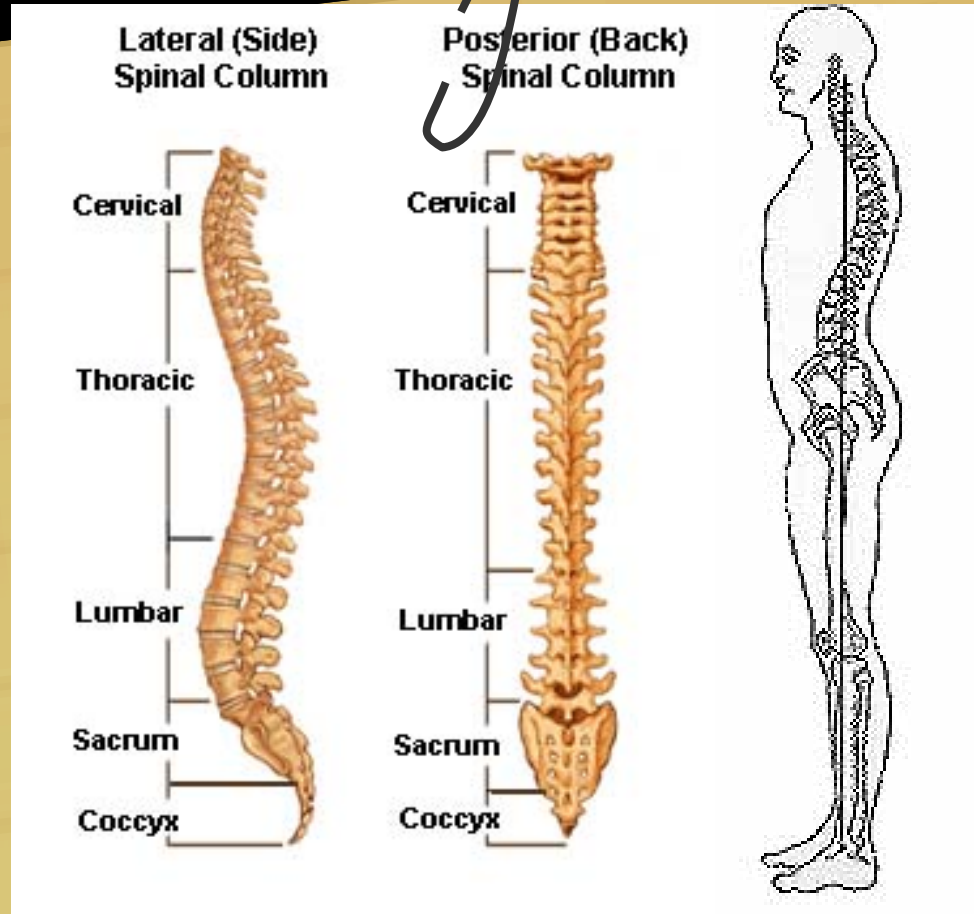
# THE LINE-UP

Ears, shoulders, hips, knees, and ankles should be in alignment with one another



posture - (n.) the position in which the body is held upright against gravity

# THE LINE-UP



Natural curves  
of the spine

# ACCOMPLICES



● ergonomically  
incorrect workspace

# ACCOMPLICES



● sedentary lifestyle

# ACCOMPLICES



obesity



# ACCOMPLICES



heavy loads

# ACCOMPLICES



unsupportive  
mattress



# ACCOMPLICES



high heels

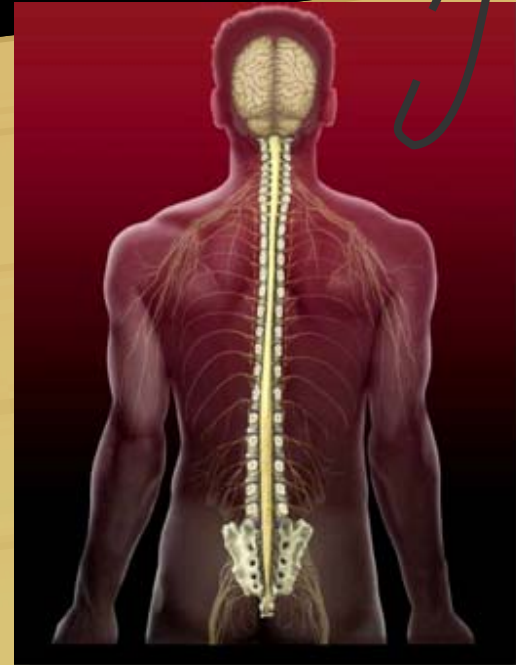
# ACCOMPLICES



pregnancy

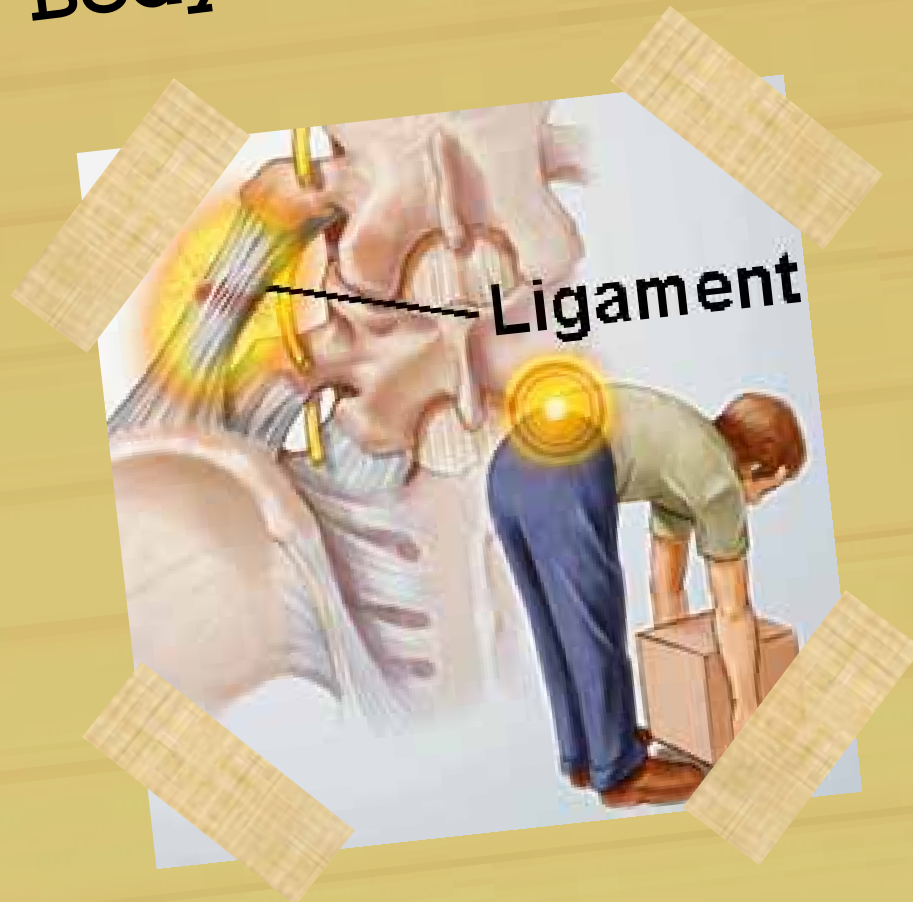
# EVIDENCE

- ➔ *Fatigue*
- ➔ *Arthritis*
- ➔ *Nerve entrapment*
- ➔ *Muscle sprains and strains*
- ➔ *Decreased lung capacity*
- ➔ *Digestive problems*



# THE LAWS

## ● The “Laws” of Proper Body Mechanics



# THE LAWS

- 1. Plan for lifting and carrying
- 2. Test the weight of the load first
- 3. Use a stance that will provide you with the most support
- 4. Keep the object as close to the body as possible
- 5. Avoid making jerky movements

# THE LAWS

- 6. Minimize bending and twisting simultaneously
- 7. Use your legs to help you lift an object—don't just bend from the hips
- 8. Tighten your abs as you begin to lift the load
- 9. If two or more people are involved in the movement, communicate efficiently



# TIMELINE

When squatting...



- ➔ bend from the knees, not the hips
- ➔ minimize the distance between you and the object
- ➔ lean on something, if possible, for additional support

6:53 a.m.

Bend to get  
your keys  
out of your  
briefcase

# TIMELINE

6:58 a.m.

Drive to  
Kennedy  
Space Center

When in the car...



- ➔ sit as close to the steering wheel as is comfortable
- ➔ knees should be at the same level or higher than your hips
- ➔ use a back support (lumbar roll) to help alleviate stress on the spine

# TIMELINE

When at your desk...



8:02 a.m.

Sit down at  
your desk to  
begin  
working

- ➔ your knees should be at a 90-degree angle
- ➔ your computer monitor should be adjusted so that your focus is naturally straight ahead
- ➔ avoid cradling your phone between your shoulder and ear

# TIMELINE

4:47 p.m.

Drop by  
grocery  
store on way  
home

When lifting...



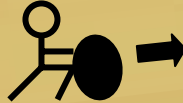
- ➔ make sure your feet are firmly planted into the ground
- ➔ avoid twisting your back as you lift the object up
- ➔ get as close to the object as possible before lifting it

# TIMELINE

5:50 p.m.

Find heavy  
package on  
doorstep upon  
return home

Pull or push?



➡ PUSH!

➡ use your body weight to  
help you push by leaning  
into the object

# TIMELINE

When reaching over...



7:26 p.m.

Put up a  
load of  
laundry

- ➔ place one hand on a table or fixed object to support the body
- ➔ raise the opposite leg behind you (for example, if you're reaching with your right arm, lift your left leg for counterbalance)



# TIMELINE

11:37 p.m.

Settle in  
for a good  
night's  
sleep

When sleeping...



(on back)



(on stomach)

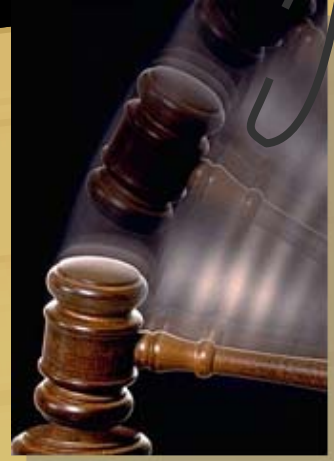
- ➔ position yourself on your side or back instead of on your stomach
- ➔ avoid overly cushy pillows
- ➔ use additional pillows to help keep yourself in alignment (for example, between or under your legs)

# VERDICT

- ✓ Learn how to recognize warning signs of back pain caused by poor posture, body mechanics, and ergonomics

- ✓ Keep body in alignment while engaging in daily activities

- ✓ Minimize sedentary time



# VERDICT

- ✓ Familiarize yourself with proper lifting techniques
- ✓ Wear supportive footwear
- ✓ Purchase more supportive mattress
- ✓ Make sure work space is ergonomically correct

# VERDICT

- ✓ Practice yoga, pilates, and/or t'ai chi
- ✓ Consider consulting a massage therapist, chiropractor, or physical therapist
- ✓ Exercise to prevent injury and promote good posture

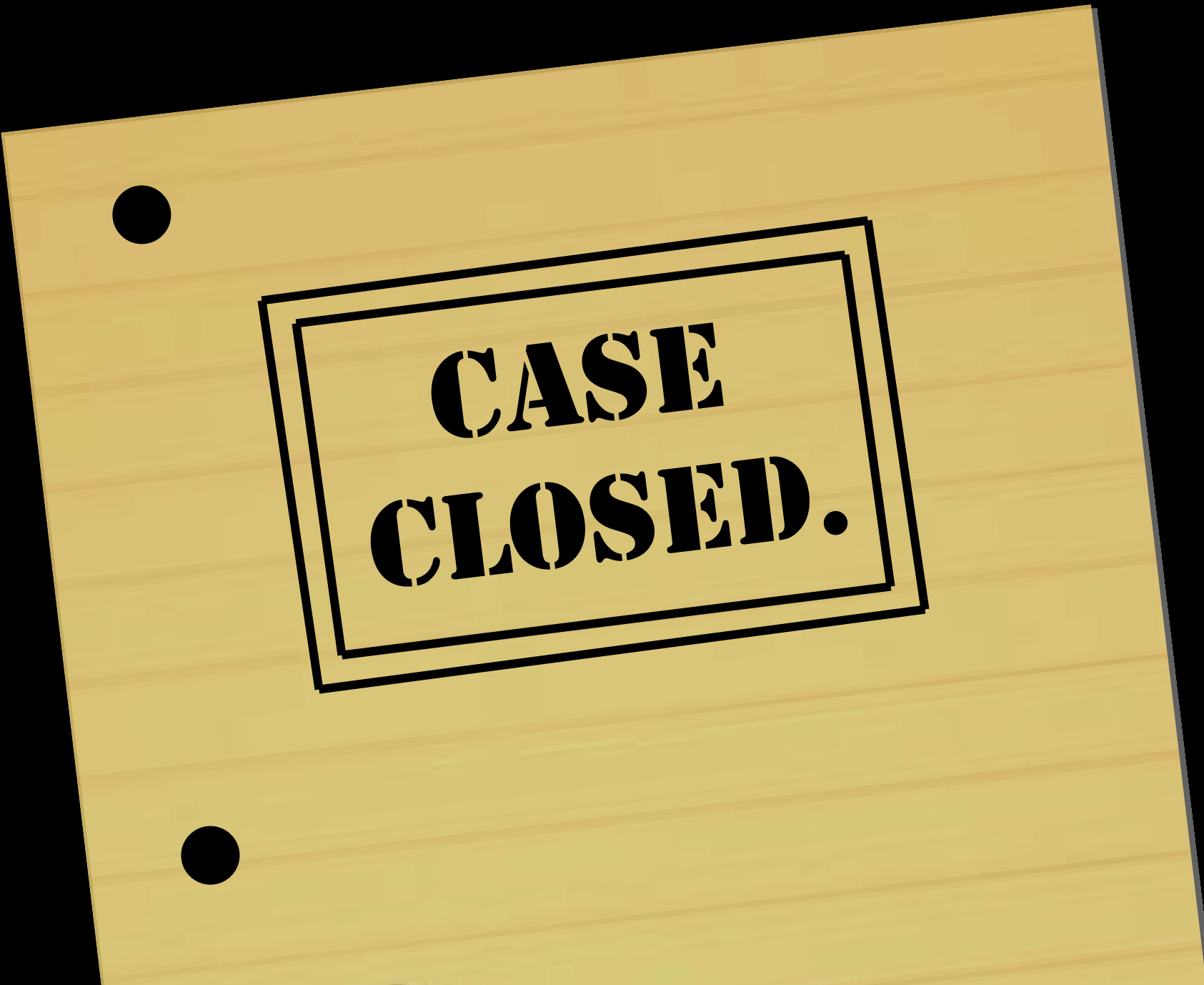


Refer to hand-out for  
strengthening and  
stretching examples

# INTERROGATION

(question and answer session)





**CASE  
CLOSED.**

A yellow notepad with two punch holes is shown at an angle. A black rectangular stamp with a double border is centered on the page, containing the text 'CASE' and 'CLOSED.' in a bold, sans-serif font.



